NOW THIS IS HOW WE'LL DO IT - From left, Andrew Kelso, Ronnie Abernathy and Joe Fraley, 1977 Raider Tri-Captains, get instructions from Head Coach Stuart Justus. Light practice sessions will be held through Monday with heavy workout beginning Tuesday, August 15th. Team will be held through Monday with heavy workout beginning Tuesday, August 15. Team will scrimmage with Fluvanna County Saturday, August 19.

County Line

Rev. William Johnson of Jacksonville, Florida will be speaking at Central Baptist Church on Sunday morning at 9 o'clock, August 13th.

Mr. and Mrs. Ray Layne and Missy spent the week end with Mr. and Mrs. Richard Nash.

A large crowd attended the shower given in honor of Mrs. Twyman Nash on Saturday night.

Mr. Herman Guill had a set back on Monday and is not doing as well at this time.

Rev. and Mrs. R. T. Smith had lunch with Mr. and Mrs. Vernie Jones on Sunday.

Mr. and Mrs. Cecil Nash and girls and Loyd Nash were dinner guest of Mr. and Mrs. Elliott Nash and Dawn Sunday. Mr. and Mrs. George D. Nash and family were supper guest in this home on Saturday.

Loyd Nash, Mrs. Elliott Nash, Dawn Kerr, Mrs. Fannie Kerr and Teresa Kerr and Jennifer Nash spent Thursday with Mrs. Shirley Kerr and daughter of Richmond.

Cecila Nash spent Thursday with Daye Mann and boys.

Wendy Nash is spending a few days with Missy Layne of Lynchburg.

Mr. and Mrs. Shelby Tucker were host and hostess to a birthday dinner and reunion at their home on Sunday, August 6. They celebrated the birthday of Mr. James H. Tucker who was 93 years young. Present were his children and families: Mr. and Mrs. Monroe Tucker, Newark, Del.; Mr. and Mrs. Leslie Tucker; Mr. and Mrs. Lee Tucker and family; Miss Sandra Hensley; Viola Tucker; Troy Tucker; Mr. and Mrs. Steven Tucker and family; Mr. and Mrs. Sam Hensley all from Wilm., Del.; Mr. and Mrs. Carroll Tucker, Coatesville, Pa.; Mr. and Mrs. Earnie Tucker and family; Mr. and Mrs. Robert Swanson and family of Appomattox; Mr. and Mrs. Gordan Tucker and family; Mr. and Mrs. Shelby Tucker of Spout Spring; Mrs. Dennis Arnold and family of Concord: Miss Laura Brockin of Pa.; Mr. and Mrs. Edd Collins and Eric of Lynchburg; Mr. and Mrs. David Wells of Maryland.

The first known newspaper story on baseball appeared in the New York Mercury in 1853.

A GOVERNMENT WORKER IN WASHINGTON has suggested that farm animals shouldn't be allowed to have antibiotics unless a veterinarian has first written a prescription.

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FRCC Plans Tennis Tourney

The annual "Married Couples" tennis tournament is scheduled to be held August 19 and 20 at the Falling River Country Club.

All married couples desiring to participate may sign up at the club house with August 16 being the deadline date. The cost per couple is $8.00.

Salmon swimming upstream to lay their eggs can leap more than 10 feet (3 meters) over swirling rapids, according to *The World Book Encyclopedia.*

A professional tennis player can serve balls at speeds greater than 100 miles an hour.

SPORTS

Post 104 Loses In Semi-Finals Match

By Billy Conner

Appomattox American Legion Post 104 lost the semi-finals match to Wheat Securities by a score of 7 - 1 in the Connie Mack State Competition played Monday night.

This eliminated Appomattox from further competition but assured them of third place finish.

The Appomattox team dropped to the losers bracket after losing to the Martinsville Oilers 12 - 0 in a contest halted after five innings. This set up a meeting between Appomattox and Kendall's of Danville on Saturday won by Appomattox 7 - 0. Darrell Morton was the winning pitcher, allowing only six hits as Appomattox posted its second shutout of the tournament for a 2 - 1 record.

Sunday, David Brown recorded another shutout as he pitched Post 104 to a 1 - 0 victory over Wheat Securities. This win assured Appomattox its berth in the semi-finals.

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Bike-A-Thon Scheduled

The Bike-A-Thon for the St. Jude Children's Research Hospital will be held Saturday, August 12, 1978 beginning at 9 a.m. at the Appomattox County High School.

All riders are asked to be at the school no later than 8:30 a.m.

Softball Game Planned By "Old Oakville" Team

There will be a softball game played the "Old Oakville Softball Team" that Harold Martin played on and coached on Saturday night, August 26, beginning at 7 p.m. at the Appomattox Ball Field.

Harold will be there to coach and cheer his team on.

All former ball players who played for Oakville are invited to come out and participate.

Everyone is cordially invited to come out and enjoy this entertainment.

Front-Wheel Drive Era Arrives

Front-wheel drive is finally getting into the driver's seat.

Though some cars with this feature have been produced over the years, front-wheel drive is only now appearing in new car showrooms to a significant degree. In Europe some 40 percent of all the cars sold today are front-wheel drive.

The weight and space saved in a front-wheel drive car by eliminating the drive shaft and having the complete transmission and differential up front allows for roomier interiors with flat floors and a lighter body for greater fuel economy.

One of the most successful new front-wheel drive cars is the sporty-looking Le Car by Renault, the fourth largest auto maker in the world. The French import is a do-everything, inexpensive-to-buy and economical-to-operate, stylish family vehicle.

The car is so economical that the 1978 model's combined EPA highway and city gas mileage of 31 MPG already exceeds the federal government's regulation requiring a minimum 27.5 combined gas mileage by 1985.

Le Car's standard features include rack-and-pinion steering, independent suspension and steel-belted radial tires. Its long wheelbase and torsion bar suspension gives Le Car a luxury car ride, and its roomy interior gives it luxury-car spaciousness.

Drivers will find that front-wheel drive cars have better traction. With the weight of the engine up front, and with the wheels pulling through snow or over wet pavement, such cars are less likely to slip and slide.

The car's handling is rated among the best in its class by *Consumer Guide* magazine. A quick steering ratio and light weight make it easy to maneuver and fun to drive.

The average life span of the giant sequoia tree is about 2,500 years.

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MARIJUANA UPDATE

Don't Be Fooled By The Myth Of Mildness; New Research Shows Prolonged Use Can Cause Serious Physical And Mental Harm

Continued From Page 1

unavoidable apparent to Cheryl that something was happening to her. Realizing that her increasing use of marijuana was more than likely the cause of her problem, she finally stopped smoking. And at the end of the school year, she went on an extended vacation to Europe in the hope she would return rejuvenated.

But, when she returned in September, she was no longer able to teach effectively. Her once-prized patience was gone; she found it difficult to think clearly; her relationship with the children was cold and depersonalized.

By Thanksgiving, Cheryl could no longer carry on and she requested a medical leave of absence for the remainder of the school year. Her principal, who, of course, had noted her incompetence and frustration, expedited her leave.

Today, two and one-half years later, Cheryl has still not returned to teaching - she is convinced that the change in her is permanent and drug-induced. She has returned to live with her parents who support her.

However farfetched this story may sound, it really happened. And it is entirely possible that it could happen to anyone who smokes marijuana regularly. Not everyone who indulges will necessarily be similarly affected, but current research now indicates that prolonged use of marijuana is not only psychologically destructive but can also cause possibly irreversibly, physical damage, to the brain, lungs, immune system and reproductive process.

New research- much of it is compiled in a booklet titled **Marijuana Today**, by George K. Russell, Professor of Biology at Adelphi University - warns that the effects of marijuana are cumulative and dose-related. "Prolonged use of marijuana or less frequent use of the more potent hashish," Dr. Russell says, "can produce at least six different types of hazards."

The smuggling of cannabis into the country has reached epidemic proportions. In 1974, the amount of marijuana confiscated by federal agents - 2,009,000 pounds - almost tripled the amount seized the previous year, an astronomical rise for a one year period. And this escalation in quantity was paralleled by an escalation in the potency of cannabis preparations.

Before 1970, most of the marijuana consumed in the United States was of domestic origin, which is comparatively low in THC content and probably explains why many observers (in the early years) believed it was not dangerous. Since then, the average potency of marijuana - much of it entering the country from Mexico - has increased. Most recently, marijuana users have knowingly or unknowingly been taking "angel dust" an extraordinarily dangerous drug along with marijuana. The New York Times published the following item on this substance:

"Angel dust", an inexpensive additive that can induce violence and psychosis, has found its way into the marijuana cigarettes of thousands of adolescents in New York City over the last six to eight months, according to city and federal health officials.

"A hallucinogen, also known as 'zombie dust', 'elephant tranquilizer' and 'bug bee', the drug, phencyclindine, or PCP, was developed in the 1950's as a tranquilizer, but rejected for human use after tests caused violent behavior and convulsions in human patients.....

"In California, two convicted murderers said they believed PCP use made them violent. Medical journals record instances of heavy use leading to suicide attempts....

"In Queens, N. Y., last month the police closed three underground laboratories and arrested 58 persons involved in manufacturing the chemical, but its use is still widespread. Users say that $10 worth of PCP-laced marijuana is enough to provoke hallucinations in twenty smokers.

In testimony before the Senate Subcommittee, Andrew C. Tartaglino, Acting Deputy Administrator of the Drug Enforcement Administration, said, "The traffic in and abuse of marijuana products has taken a more serious turn in the last two or three years than either the courts, the news media or the public is aware. The shift is clearly toward the abuse of stronger, more dangerous forms of the drug, which renders much of what has been said in the 1960's about the harmlessness of its use obsolete."

in testimony before the same Subcommittee, Dr. Robert G. Heath, Chairman of the Department of Psychiatry and Neurology at Tulane University, reported that when monkeys were exposed to fewer than 3 marijuana cigarettes per week "they began to show irreversible alteration in brain function about three months after the onset of the experiment."

Scientists believe that the physical damage in humans may be slow and insidious. And because the widespread use of marijuana is a relatively recent trend, its most serious effects are yet to emerge. (The many marijuana users who developed paranoid delusions seem to function normally for a period of time "without others being aware of their illness, either because they join groups who share their aberrational thinking or because they keep their delusional thoughts to themselves."

While Kolansky and Moore were among the first to contradict the popular view that marijuana is a mild intoxicant rarely causing severe psychological disturbances, they are not the only clinicians to have done so. Others have corroborated their observations. Dr. Hardin B. Jones of the University of California at Berkeley, Dr. Leo Hollister of the Veterans Hospital in Palo Alto, California, and Dr. D. Harvey Powelson, Chief of the Department of Psychiatry in the Student Health Service at UCLA - all conducted independent studies and arrived at conclusions closely paralleling those of Kolansky and Moore.

Powelson's conclusions are particularly interesting because he had initially taken the stand that marijuana is harmless. However, after working with hundreds of chronic users for a period of seven years, he was compelled by his findings to reverse his view. Powelson now believes that cannabis use may cause permanent damage to the user. He cites the case of a patient who was a fossil fuel engineer at Berkeley - not a teenager but an adult. After dropping out he used cannabis exclusively for eighteen months in daily doses. When he realized that his physical coordination was affected by the drug, he stopped taking it. Two years later, he returned to the University to work.

"He told me (Powelson) that he could no longer handle mathematics at his proper level. He simply couldn't follow the arguments anymore. Today, three-and-a-half years later, he still cannot. He is convinced that the change is permanent and was drug-induced."

The use of marijuana is not confined to teenagers and college students. Many older adults smoke it regularly. And most, like Cheryl, are unaware of its dangers.

When Cheryl became involved with marijuana, she knew nothing about its potential for harm. Maybe if Cheryl had been made aware of marijuana's dangers, she would have sought a more constructive solution to her problem. And she would still be teaching and deriving true satisfactions,

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News Of The Bible

TEACHING CHILDREN WITH SPECIAL SCRIPTURES

"Suffer the little children to come unto me," said Jesus in the King James Version of the Bible, but this is phrased somewhat differently in the American Bible Society Good News Bible: "Let the children come to me!"

Passages from the Bible like "Jesus Blesses Little Children," especially chosen and presented to help people who are learning to read, are among a variety of colorful Scriptures and Scripture-related teaching materials being published by ABS for use in classes or with individuals this year.

Materials available include the following:

- Scripture mobiles that children can cut out and design themselves
- Scripture cartoon books illustrating the story of Abraham
- Scripture Selections with pictures to color on the reverse side
- Simplified Scriptures for special education programs and child evangelism
- Scripture cards carrying Bible references and illustrative photos

A book called *Jesus* highlights the life and teachings of Jesus from today's English Version of the Gospels for older children, while a "Discovery" Edition of the *New Testament*, designed by National Student Ministries, includes Bible study help for youth.

Available soon will be coloring books with selected sayings from the teachings of Jesus, and six Scripture activity books with *Old Testament* stories. These books utilize modern teaching techniques, emphasizing student participation and learning by doing.

They will include puzzles, word games and quizzes that will require the child to refer back to the Biblical text to find the correct answers. All are illustrated with drawings.

An interdenominational and nonprofit organization, the American Bible Society distributes these valuable aids through churches and religious bookstores, or you can write: American Bible Society, 1865 Broadway, New York, N.Y. 10023.

In 1979 the Society's efforts to provide children everywhere with copies of Holy Scriptures in languages they can understand will coincide with the International Year of the Child.

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THE BOOKSHELF

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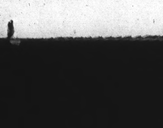

Writing in D.C. Heath and Company's new college history text *The Great Republic*, author Bernard Bailyn observes that the Colonial immigrants were predominently men. In Virginia in 1625, more than 75 percent of the settlers were men and 25 years later it was still 6 to 1 in favor of men.

"Even in New England," writes the Pulitzer Prize winning historian, "where immigration by family was more common, there were three men for every two women in the middle of the century."

By contrast, there were 91.3 men for every 100 women in England at that time.

The scarcity of women in the Colonies reduced the importance of dowries and "probably contributed to the gradual improvement in the legal, social, and psychological status of women," according to the author.

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